

ABSTRACT

Title: Possibilities, how patients NIDDM can use physical activities

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Aim: The intend of this work, based on the study of literature, is to explain key words, which are connected with diabetes mellitus and difference between first and second type

The main aim is to evaluate influence of physical activities for patients with NIDDM and draw an analogy how a diabetic can improve your heath doing physical exercises

Methods: Study of literature and other sources (internet, lectures) on the chosen topic. Method for assessing the effect of exercise and its accuracy, I chose four characteristic points for motion training: a form of exercise, intensity of exercise, type of exercise and duration of exercise, known by the acronym F.I.T.T. These points are evaluated individually due to the patient with the disease diabetes mellitus II.

Results: From this work shows that regular physical activity leads to losing some weight, lowering blood glucose and blood pressure, improving well-being and so it reduces the risk of associated diseases. It must be the principles of F.I.T.T., individualized for each patient.

Physical activity has an overall positive effect on diabetes of the second type

Keywords: Diabetes, physical activity, obesity, lifestyle